




# AQUA FITNESS COURSE DESCRIPTIONS



## CLASSES

AQUA MIXX	AQUA YOGA	AQUA BLAST	AQUA JAM	BE FIT AQUA	AQUA STRENGTH AND TONE
<p>This class consists of Cardio drills mixed with strength training moves. Cardio moves are a combination of low and high impact and modifications are shown if necessary. In between the cardio drills, strength training moves will be incorporated. Fast paced and covers all the bases</p>	<p>Experience poses and postures in this all-level yoga class while being buoyant in the water.</p>	<p>A 1 hour workout using a variety of methods such as cardio and functional resistance using buoyancy equipment. It's cardiovascular, strength, and toning with core work!</p>	<p>A high-intensity water workout that includes strong cardio and full-body training with resistance equipment. All levels are welcome.</p>	<p>Join in the fun with this 50 min aqua workout. Low to non-impact aerobic workout with toning, strength, and balance segments utilizing buoyancy belts and noodles.</p>	<p>Full body workout in the comfort of water. Is combined with a low impact cardio. The strength training will include all the muscle groups and can be modified to adjust to any participant with an injury or an impingement. Excellent for building up ones muscle strength and working on weaker areas to make them stronger.</p>
AQUA SCULPT	QI WATER WALKING PLUS				
<p>A non-stop, full-body water workout. Sculpt muscle while improving cardiovascular and muscular endurance with a program that is gentle on the joints</p>	<p>A unique combination of two worlds : Begin with a variety of fun, non stop water walking movements combined with drag and buoyancy equipment for full body strength. End the class with a calming Ai Chi segment for both Mind and Body. Medium paced class, great for those that cannot tolerate jumping aquatic movements.</p>				

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